

Utah Behavioral Health Planning and Advisory Council
Approved Meeting Minutes
May 2nd, 2019, 12:00 p.m.
Multi-Agency State Office Building, Room 2026
195 N 1950 W, Salt Lake City

“Our mission is to ensure quality behavioral health care in Utah by promoting collaboration, advocacy, education, and delivery of services.”

COUNCIL MEMBERS PRESENT: Jane Lepisto (R), Peggy Hostetter, MaryJo McMillen, Sigrid Nolte, Lori Cerar, Lisa Hancock, Andrew Riggie, Dan Braun, Ken Rosenbaum, Adam Scherzinger, Jennifer Marchant, Jacob Russell, Rafael Montero, Dave Wilde, Diana Aguilera, and Ryan Hunsaker (R)

DSAMH STAFF PRESENT: Shanin Rapp, LeAnne Huff, Pam Bennett, Jeremy Christensen, Shanel Long, and Robert Snarr

OTHERS PRESENT: Kylee Porter, Aubrey Myers, Nettie Byrne, and Kyli Rodriguez-Cayro,

COUNCIL MEMBERS EXCUSED: Ron Bruno, Don Cleveland, James Park, Jeanine Park, Heidi Peterson, Emily Bennett, Ron Bruno, Rob Wesemann, and Heather Rydalch

Welcome, Introductions, March meeting minutes review, new member applications, and announcements:

Sigrid began the meeting and introductions were made around the room.

The new member application for Kylee Porter was approved by the Executive Committee and Sigrid asked the Council for a motion to approve. Dave made a 1st motion, Lori made a 2nd motion, all were in favor and the application for Kylee Porter was approved. Welcome to UBHPAC Kylee!

Sigrid reviewed events from the April minutes and asked for a motion to approve the minutes from April. Andrew made a 1st motion to approve the minutes, Ken made a 2nd, all were in favor and the motion passed unanimously.

The 2019 Peer Conference will be held June 7th at the Karen Gail Miller Conference Center, 9750 South 300 West, Sandy, UT 84070. To register go to <https://www.eventbrite.com/e/2019-utah-peer-conference-recovery-works-fired-up-for-wellness-tickets-60350487934>.

Kyli told the group about the upcoming Youth of Utah Advocacy Coalition's Self Care Sunday on May 19th, at Avenues Yoga in Sandy, 967 E 2100 S, from 10 AM to 6 PM. The event will feature DIY self-care items, free yoga classes and workshops, prize giveaways and more. It is being sponsored by Allies with Families, USARA, Create Reel Change, and DHS. The event is free and open to the public.

Lisa announced that OPTUM will be hosting Certified Peer Support Specialist training on June 24th, and they hope to have trainings once a quarter due to high turnout of trainees. More info can be found at <https://dsamh.utah.gov/education/certification/peer-support>

Pam let the Council know that the State is going to develop an electronic certification tracking system in about six months. This will make it easier to track those who have completed their training as well as candidates who may be due for recertification and to keep track of CEU's as well.

There will be a Youth in Transition training at the MASOB, room #2026 on Tuesday May 21st from 9 AM to 5 PM. This training will provide an endorsement to those who have already completed Peer Support Training. Contact Nettie for more details.

The next Peer Support Training through Allies with Families will be at the Allies office, 230 W 200 S, SLC, June 10-14. The link to register is <https://forms.gle/yGYPJs6wFH5kVsEt8>

Andrew Riggle & Adam Scherzinger- Share your investment in UBHPAC

Adam shared that UBHPAC has helped him focus his efforts and energy on mental health and medication management, and he has been influenced by members of the group in a positive way to move forward with helping those who might have similar experiences. He appreciates the Council's investment in him as a member by providing a scholarship so that he was able to attend the Generations Conference last April. Adam wants to give back to his community by sharing his story and experiences in hopes that he is able to help peers with similar backgrounds.

Andrew is a Public Policy Advocate for the Disability Law Center. He is invested in UBHPAC for two reasons; one is to represent the DLC to the mental health community and make sure they are known as a resource to and for the community, and also to hear from UBHPAC members about what the issues and concerns are that the DLC could be helpful with. Andrew is also invested in UBHPAC so that he can learn more about lived experience to be able to offer the best kind of support based on what people are dealing with.

DSAMH Update: Jeremy Christensen

The Executive Committee asked to have Medicaid Expansion to be a standing agenda item so we are kept up to date on how many people are able to participate.

Jeremy pointed out that there were 10 million dollars in cuts for Substance Use disorder budgets due to Medicaid Expansion, a lot of movement around that and contracting and coordination with the State Office of Education, and other partners already asking for Governor Budget items for next year through the department for next year.

Jeremy touched on HB373, Student Support Amendments with 27 million dollars that will focus on providing more in school services such as school nurses, social workers, and counselors to help attain more prevention services.

Andrew talked to the Council about HB120, Student and School Safety Assessment, which would provide law enforcement and mental health liaisons and help develop and model school safety practices, and provide technical assistance and training for schools that want to participate.

MCOT and Crisis Response Best Practices: LeAnne Huff

The state mental health program directors in partnership with the suicide prevention resource center created a crisis task team of about 30 crisis professionals around the nation from all the different crisis systems. They found that there wasn't any standardization in crisis response, but they were able to get more specs from the better services. They came up with 4 main specs; 1. Statewide Crisis Line, 2. Centrally deployed MCOT teams, 3. Short term sub-acute crisis receiving facilities preferably no refusal like in Arizona, can serve as a psychiatric ER, 4. Essential crisis care principles and practices. This means using peer support, staying strengths based.

HB41 passed in 2017 and provided these provisions:

Highlighted Provisions:

This bill:

- ▶ defines terms;
- ▶ directs the Division of Substance Abuse and Mental Health (division) to enter into or modify contracts to provide the statewide mental health crisis line;
- ▶ requires the division to ensure that the statewide mental health crisis line meets certain staffing and operational standards;
- ▶ requires local mental health authorities and the division to ensure that calls may be transferred from local mental health crisis lines to the statewide mental health crisis line to ensure a timely and effective response to calls;
- ▶ amends the duties of the Mental Health Crisis Line Commission; and
- ▶ makes technical and conforming changes.

2020-2021 Mental Health Block Grant Components: Pam Bennett

Pam opened by discussing the four dimensions of recovery which are Home, Health, Community, and Purpose around Individuals and Families.

Purposes:

1. To **fund priority treatment** and support services for **individuals without insurance** or for whom coverage is terminated for short periods of time;
2. To **fund those priority treatment and support services not covered** by Children's Health Insurance Program (CHIP), Medicaid, Medicare, or private insurance **for low-income individuals** and that demonstrate success in improving outcomes and/or supporting recovery;
3. For SABG funds, to **fund primary prevention**: universal, selective, and indicated prevention activities and services for persons not identified as needing SUD treatment; and
4. To **collect performance and outcome data** for mental health and substance use, determine the ongoing effectiveness of promotion/SUD prevention, treatment and recovery supports and to plan the implementation of new services.

Key Steps for Block Grant Development

- ▶ Assess the strengths and needs of the service system;
 - ▶ Identify unmet service needs and critical gaps;
 - ▶ Prioritize state planning activities to include the required target populations and other priority populations (e.g. youth with substance use disorders)
 - ▶ Develop goals, objectives, strategies, and performance indicators.
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Required Sections:

- ▶ Evidence-Based Practices for Early Interventions to Address Early Serious Mental Illness (PREP)
 - ▶ Person-Centered Planning (PCP)
 - ▶ Program Integrity
 - ▶ Recovery
 - ▶ Children and Adolescents MH/SUD Services
 - ▶ Support of State Partners
 - ▶ State Planning/Advisory Council and Input on the MH/SABG Application
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Statutory Criterion for MHBG

- ▶ Comprehensive Community-Based Mental Health Service Systems
 - ▶ Mental Health System Data Epidemiology
 - ▶ Children's Services
 - ▶ Targeted Services to Rural and Homeless Populations and to Older Adults
 - ▶ Management Systems (emergency management)
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Substance Use Disorder Treatment (SABG)

- ▶ Prevention and Treatment Services – Improving Access and Maintaining a Continuum of Services to Meet State Needs
 - ▶ Improving Access and Addressing Primary Prevention
 - ▶ Pregnant Women and Women with Dependent Children
 - ▶ Persons Who Inject Drugs, Tuberculosis, Human Immunodeficiency Virus, Hypodermic Needle Prohibition, and Syringe Services Program
 - ▶ Service System Needs, Service Coordination, Charitable Choice, Referrals, Patient Records and Independent Peer Review
 - ▶ Group Homes for Persons in Recovery and Professional Development
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Subcommittee Reports:

Recovery:

Facilitator – Lisa

List of attendees – Lisa, Mary Jo, Ken, Adam, Jacob, Sigrid, Robert, Peggy

Follow up discussion from previous month:

- ☐ Get copy of excel file for block grant dollars to see where we can be most helpful
- o See attached
- o We began discussion on ways this committee can be of maximum benefit, which will continue to next meeting in order to come up with action items in areas of concern.

- ☐ The next Salt Lake Valley Coalition to End Homelessness, (which is a merge of Collective Impact Steering Committee and Salt Lake City Continuum of Care), meeting is Wednesday, June 12th, 8:30am at the Government Center (see below)

Unless otherwise specified, meetings will be held the SECOND Wednesday of every other month Time: 8:30-10:00am Salt Lake County Government Center 2001 South State Street Salt Lake City North Building, 2nd floor (Room N2-800)

<https://homelessutah.org/coalition-end-homelessness/>

Recovery Priorities –

- ☐ Recovery Support Services –
- o CABHI housing has ended, now what?
- ☐ Possibly more ACOT teams
- ☐ Oxford Housing
- o Talked about the difference between “Recovery Residence” and “Sober Living” as well as the difference between being state licensed or not, and how the ones that do not get state licensed can hurt the ones that do.
- o Discussed where providing recovery support services is needed

Action Items –

- ☐ All to review handouts on budget of block grant dollars (see attached); between now and next meeting to determine where this committee can be of maximum benefit. To be discussed at meeting on June 6th.
- ☐ It was encouraged for each member of the committee to look into and possibly join a core function committee on the SL Valley Coalition to End Homelessness (list of committees and meeting times/location is attached).

Treatment:

Attendees: Lori, Aubrey, Diana, Dan, Dave, Shanin, Shanel

Follow up on previous month discussion around MCOT teams and ACT DSAMH rule being created as part of the bundled Medicaid rate. The rule went live on April 1st.

The group discussed whether ACOT might be better for Utah due to not having as high of a threshold.

One of the Treatments groups’ priorities is receiving centers and UNI, what do we currently have?

Another priority is integrated care. The group wants more info about it, what parts of it they like, and how they can support positive approaches or practices. Who is doing what and what are the LMHA’s doing?

Prevention: This subcommittee did not meet

Next meeting will be June 6th 2019, 12:00 P.M.

Thank you for your support of the UBHPAC!

Accommodations to the known disabilities of individuals in compliance with the Americans with Disabilities Act. For accommodation information or if you need special accommodations during this meeting, please contact the Division of Substance Abuse and Mental Health at (801) 538-3939 or TTY (801) 538-3696.

The State has adopted a stipend policy that will pay for reasonable travel expenses related to consumers and advocates attendance at UBHPAC meetings. For more information please visit www.dsamh.utah.gov – Initiatives – Behavioral Health and Advisory Council – Information & Forms – UBHPAC Stipend Policy.

All meeting minutes and recordings are posted on the Public Notice website at:
<https://www.utah.gov/pmn/sitemap/publicbody/51.html>